



**Lunch Prices: \$2.60 Full/ Free for Reduced**

A Program meal must include items from at least 3 food groups, one of those items must be a ½ cup of fresh vegetable, ½ cup of fresh fruit or 100% fruit juice to follow USDA guidelines for the NSLP. Any second entrée will be charged a la carte pricing to the student's account.

# SEPTEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	NOTES
	<p style="text-align: center;"><b>Welcome Back!!</b></p>	<p>Download the <a href="#">MYSCHOOLBUCKS</a> App to add money on student's lunch accounts and track purchases</p>	<p><u>Dates That Rate:</u>  <a href="#">9/5 First Day of School</a>  <a href="#">9/15 Ace's Tray Day</a>  <a href="#">9/25 Yom Kippur</a>  <a href="#">9/26 Ace's Tray Day</a></p>	 <p style="text-align: right;">1</p>	<p><u>Daily Offering</u></p> <ul style="list-style-type: none"> <li>• PB&amp;J Protein Pack with Crackers &amp; String Cheese</li> <li>• Choice of 1% White Milk Non-Fat Chocolate Milk</li> </ul>
<p style="text-align: center;"><b>LABOR DAY</b></p> <p style="text-align: right;">4</p>	<p><u>First Day of School</u>            Chicken Nuggets            Veggie Nuggets w/Yellow Rice            ~~~~~            Ham &amp; Cheese Sandwich            Chef's Salad            Diced Pears            Steamed Corn</p> <p style="text-align: right;">5</p>	<p>Cheese Pizza or Pepperoni Pizza            ~~~~~            Ham &amp; Cheese Sandwich            Chef's Salad            Apple Slices            Baby Carrots</p> <p style="text-align: right;">6</p>	<p>Chicken Parm Flatbread or Grilled Cheese            ~~~~~            Ham &amp; Cheese Sandwich            Chef's Salad            Fresh Orange            Celery Sticks</p> <p style="text-align: right;">7</p>	<p>Cheeseburger Deluxe Gardenburger Grilled Cheese            ~~~~~            Ham &amp; Cheese Sandwich            Chef's Salad            Mixed Fruit            Baked Beans</p> <p style="text-align: right;">8</p>	<div style="border: 1px solid green; border-radius: 50%; padding: 10px; text-align: center;"> <p><u>Wellness Tip of The Month:</u></p> </div> <p>Broccoli is high in many nutrients, including fiber, vitamin C, vitamin K, iron and potassium. It can be enjoyed both raw and cooked, but research shows that it's most beneficial if it's gently steamed. Try steamed broccoli on the 15<sup>th</sup></p> 
<p>French Toast Sticks w/Sausage Patty            Southwest Chipotle Nachos            ~~~~~            Pretzel &amp; Yogurt Pack            Cheese Sub            Warm Apples w Cinnamon            Pepper Strips</p> <p style="text-align: right;">11</p>	<p>Hot Dog On a Bun            Southwest Chipotle Nachos            ~~~~~            Pretzel &amp; Yogurt Pack            Cheese Sub            Juicy Pears            Cherry Tomatoes</p> <p style="text-align: right;">12</p>	<p>Cheese Pizza Taco Pizza            Southwest Chipotle Nachos            ~~~~~            Pretzel &amp; Yogurt Pack            Cheese Sub            Apple Slices            Fresh Carrots</p> <p style="text-align: right;">13</p>	<p>Chicken Tenders w/ breadstick            Southwest Chipotle Nachos            ~~~~~            Pretzel &amp; Yogurt Pack            Cheese Sub            Orange Smiles            Mashed Potatoes</p> <p style="text-align: right;">14</p>	<p><u>Ace's Tray Day</u>            Penne w/ Meatballs            Southwest Chipotle Nachos            ~~~~~            Pretzel &amp; Yogurt Pack            Cheese Sub            Mixed Fruit            Steamed Broccoli</p> <p style="text-align: right;">15</p>	
<p>Pancakes w/Tater Tots Mac N' Cheese            ~~~~~            Baja Veggie Salad            Chicken Salad Wrap            Fresh Apple            Pepper Strips</p> <p style="text-align: right;">18</p>	<p>Chicken Tacos Fish Tacos Mac N' Cheese            ~~~~~            Baja Veggie Salad            Chicken Salad Wrap            Diced Pears            Steamed Corn</p> <p style="text-align: right;">19</p>	<p>Cheese Pizza or BBQ Chicken Pizza            ~~~~~            Baja Veggie Salad            Chicken Salad Wrap            Apple Slices            Baby Carrots</p> <p style="text-align: right;">20</p>	<p>Chicken Patty or Mac N' Cheese            ~~~~~            Baja Veggie Salad            Chicken Salad Wrap            Fresh Orange            Crinkle Cut Fries</p> <p style="text-align: right;">21</p>	<p>Pizza Sticks w/Marinara Mac N' Cheese            ~~~~~            Baja Veggie Salad            Chicken Salad Wrap            Mixed Fruit            Green Beans</p> <p style="text-align: right;">22</p>	
<p><u>Yom Kippur School is Closed</u></p> <p style="text-align: right;">25</p>	<p><u>Ace's Tray Day</u>            Enchilada Stacker            Popcorn Chicken            ~~~~~            Hummus Veggie Plate            Muffin Pack            Juicy Pears            Mexi-Corn</p> <p style="text-align: right;">26</p>	<p>Cheese Pizza or Meat Lovers Pizza            ~~~~~            Hummus Veggie Plate            Muffin Pack            Apple Slices            Fresh Carrots</p> <p style="text-align: right;">27</p>	<p>Chicken &amp; Rice Bowl or Popcorn Chicken            ~~~~~            Hummus Veggie Plate            Muffin Pack            Orange Smiles            Celery Sticks</p> <p style="text-align: right;">28</p>	<p>Mini Corn Dog Bites or Popcorn Chicken            ~~~~~            Hummus Veggie Plate            Muffin Pack            Mixed Fruit            Baked Beans</p> <p style="text-align: right;">29</p>	